

Monthly Events!

Dance: The Pier Group

WHEN: Thursday, June 1, 1:30 to 3:30 p.m., AUD

Join us for this North Country favorite! \$4.

Movie: Hidden Figures



WHEN: Thursday, June 8, 1 & 3:10 p.m., AUD

In the race to space between the United States and the Soviet Union during the Cold War, three black female mathematicians play a key role in launching astronaut John Glenn into outer space, making him the first American to orbit Earth. (Netflix summary) Free. Cast: Taraji P. Henson, Octavia Spencer.

Book Club



WHEN: Monday, June 12, 1 to 2:30 p.m., MP

A Man Called Ove by Fredrik Backman. July's book selection is *Commonwealth*, by Ann Patchett. The book club meets the 2nd Monday of every month and welcomes newcomers!



Organization Contacts

Aging and Independence Services for AIS assistance, information for reporting abuse	800-510-2020
Carlsbad Housing & Neighborhood Services.....	760-434-2810
Carlsbad Police (Non-Emergency) & Fire Departments.....	760-931-2197
DayTripper Tours.....	800-679-8747
Elder Abuse in Facilities	800-640-4661
Health Counseling & Advocacy (HICAP)	800-434-0222
In Home Supportive Services, North County.....	760-480-3424
Medicare	800-633-4227
North County Coastal Mental Health Services	760-967-4475

Senior Center Contacts

Activities Coordinators, Valerie Fisher & Patti Gebel	760-602-4654
Dining Room Reservations (24 Hours)	760-602-4655
Facility Reservations, Robert Harvey	760-602-4659
Front Desk (general information)	760-602-4650
Home Meal Delivery, Vincent Rodrigues.....	760-602-4652
Elder Law Legal Assistance.....	760-439-2535 x 205

Online Reservations: www.carlsbadca.gov/parksandrec

* Free walkers, canes and wheelchairs are available for check-out to Carlsbad residents.

Digital Photo, iPad & Tech Classes

These **free** classes are taught by instructor Mike McMahon and are available on a first-come, first-served basis. The last 15 minutes of each class will be devoted to your questions. **Please bring note-taking material.**

BACKUP STRATEGIES

Wednesday, June 21, 10 to 11:15 a.m., ACT

Our instructor, Mike McMahon, will review several strategies for easy and effective backup of your computer-based photos, videos, and other important files. A reliable backup is your best protection against the pitfalls of computer viruses and equipment failures. Don't get caught unprepared!

CLOUD STORAGE

Wednesday, June 21, 1 to 2:15 p.m., ACT

This class will provide an overview of cloud-based storage solutions (e.g. iCloud, Dropbox, Google Drive, etc.). Our instructor, Mike McMahon, will also discuss cloud-based backup services (e.g. Carbonite). Many folks are using, or trying to use, cloud-based solutions these days...come learn why. The last 15 minutes of class will be devoted to your questions.

PICASA LIVES ON! – NEW!

Wednesday, June 28, 10 to 11:15 a.m., ACT

The Picasa photo organizer and editor software lives on, despite Google's decision to discontinue support for it. Although the free download is no longer available from Google directly, there are other ways to get the software...good news for loyal Picasa users who are switching to a newer computer. Our instructor, Mike McMahon, will explain these issues and demonstrate some cool features of Picasa that you may not know about! The last 15 minutes of class will be devoted to your questions.

TWITTER

Wednesday, June 28, 1 to 2:15 p.m., ACT

Along with Facebook, Twitter has become a giant in the field of social media. Come learn what it's all about. Our instructor, Mike McMahon, will explain the features of Twitter and show you how to get started with this exciting technology. These days, when news breaks, many folks are going to Twitter for the earliest first-hand reports. The last 15 minutes of class will be devoted to your questions.

Carlsbad Senior Center

Seaside Buzz

JUNE 2017 NEWSLETTER

City of
Carlsbad

Carlsbad Newcomers host: Carol Benton – Journey to Bhutan

WHEN: Wednesday, June 7, 9:45 to 11:30 a.m., ACT

Carol Benton shares her experiences and photographs of this beautiful mountainous country.

Laughter Yoga and the benefits of laughing

WHEN: Thursday, June 22, 10 to 11:30 a.m., ACT

Did you know that babies innately laugh even though they have never been taught to laugh? And that the average child laughs 300-500 times per day, whereas the average adult laughs maybe 15 times a day, if that? In today's society, we become so busy and so serious, that we forget to laugh!

Join us in this free, interactive presentation, and learn all about the benefits of laughter! Attendees will have a chance to try a few simple laughing exercises used in Laughter Yoga and learn:

- Where laughter yoga originated
- Laughter's major positive effects on the body physically, emotionally and energetically
- How laughing in the corporate world can increase productivity and longevity

Speaker, Kerry Ray, is a certified Laughter Coach. She is also a master energy facilitator and for the last 10 years has learned, practiced and trained under noted healers and leaders Max Christensen, Brookes Greene Barton and Sarito Sun.

Successful aging in place: Legal estate planning for long term care

WHO: Kindra French and David McGee, NAIPC members

WHEN: Tuesday, June 27, 9:30 to 10:30 a.m., MP

Join us for this monthly series, held the last Tuesday of each month, which offers insights from professionals who share their

Morningstar Investment Education Lectures

Presenter, Richard Loth, has strong experiential credentials in the investment field, and uses Morningstar's mutual fund data, analyses and educational material to help attendees easily identify, decipher and employ Morningstar's guidance in their fund-investing endeavors. Morningstar, is a subscription-based program, offered free to area residents through the City of Carlsbad Library.

Morningstar's "One-Page-Wonder"

WHEN: Monday, June 12, 1:30 to 3 p.m., ACT

A must-have evaluative tool for mutual fund investors

expertise concerning specific aspects of how to age in place successfully. Our guest speaker this month will discuss:

- Essential elements of an estate plan
- Legal documents needed in an estate plan
- Tips on language requirements for an estate plan
- Ordering your estate plan to maximize public benefits to pay for long-term care

Reservations required; call 760-602-4650 to reserve your spot.

HICAP: Help with your Medicare

WHO: Jenna MacRae, JD, Elder Law & Advocacy's Health Insurance Counseling & Advocacy Program

WHEN: Thursday, June 29, 10 to 11:30 a.m., ACT

Issues and questions regarding Medicare arise any time of year. This presentation will provide an overview of how HICAP registered Medicare counselors can help beneficiaries understand their options and help resolve both billing issues and problems that they may have with their Medicare. Topics include:

- An Introduction to Medicare Enrollment Periods
- Understanding how to use your Medicare benefits including coordination with other health coverage,
- Medicare appeals
- Assistance available for those who are having a hard time affording their Medicare Prescriptions.

The Health Insurance Counseling & Advocacy Program (HICAP) is a program of Elder Law & Advocacy that provides free, unbiased Medicare counseling to beneficiaries and their representatives. Jenna MacRae earned her law degree from the University of California, Davis, and has worked as a staff attorney at Elder Law & Advocacy since 2012.

July Zumba Gold classes added!

Zumba Gold is especially choreographed for the active, over 50 crowd. Latin rhythms inspire moves to exercise the brain, heart and all major muscle groups. New class session starts July 7!

What do investments and a bar of soap have in common?

WHEN: Monday, June 19, 1:30 to 3 p.m., ACT

The answer — the more you "touch" them, the smaller they get

Is investment humor an oxymoron?

WHEN: Monday, June 26, 1:30 to 3 p.m., ACT

A lighthearted look at investing lessons we can learn from comics.

Upcoming July topics:

July 10: Morningstar's FundInvestor 500 — An overview

July 17: Buffet brings out the victory cigar

July 24: The best ways for smaller investors to get advice

June 2017 Activities Calendar

New session start dates in blue
Senior Specials in red

ACT	Activity Room	CR	Conference Room	LG	Lounge	PARK	Pine Ave. Park
AUD	Auditorium	DN	Dining Room	MP	Multi-purpose Room	119	Room 119
ART-S	Art Studio	DS	Dance Studio	P	Patio	120	Room 120
COM	Computer Room	GR	Game Room				

WEEKLY PROGRAMS	MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY		
	9 – 11	Writers Group	MP	8 – 11	Needlecraft	ART-S	9:30 – 10:30	† Better Balance & Mobility	DS	8:45 – 9:45	† PiYo (Pilates & Yoga) (6/1)	AUD	9:15 – 10:15	Spanish Flamenco Dance	DS
	9 – 12	Spanish – Levels I, II & III	ART-S	9 – 10	† Aerobic Dancing - Lite!	ACT	9:30 – 11	5-in-1 Joy Class	ART-S	9 – 10	† Aerobic Dancing - Lite! (6/1)	DS	9:30 – 12:30	† Discover Your Inner Artist with Oil or Acrylic (6/2)	MP
	9:30 – 10:40	† Heart Coherent Tai Chi Kung (6/5)	DS	9:30 – 11:30	Line Dancing – Int./Adv.	AUD	9:30 – 11:30	† Oriental Sumi-e Painting	MP	10 – 11:15	† Yoga – Int./Adv. (6/1)	AUD	10 – 11	† Zumba Gold (6/9)	ACT
	11 – 12	† Better Balance & Mobility (6/5)	DS	9:45 – 10:45	† Live Long: Do Qigong (6/20)	DS	10 – 12	Blood Pressure Screenings	120	10 – 12	Audiomobile	LOBBY	11 – 12	† Tupperize (6/2)	DS
	12 – 1:15	Line Dancing – Beginner	AUD	11 – 12	† The Art of Meditation (6/6)	DS	10:45 – 11:45	† Better Balance & Mobility	DS	11 – 12	† Tai Chi Kung Short Forms (6/1)	DS	12:30 – 4	Party Bridge	AUD
	1 – 2	† Better Balance & Mobility (6/5)	DS	12:30 – 4	Ping Pong	ACT	12:30 – 4:30	Mah Jongg	GR	1 – 2:10	† Heart Coherent Tai Chi Kung (6/1)	DS	12:30 – 4	Ping Pong	ACT
	1:15 – 2:30	Line Dancing – High Beginner	AUD	12:30 – 4	Bingo	AUD	1 – 4	Ceramics	ART-S	1:30 – 3:30	PC Users Group (2nd, 3rd & 4th Thursdays)	ACT DS	12:45 – 2:30	Hawaiian Dance – Int/Adv	DS
	2:45 – 4	† Yoga: Intermediate (6/5)	AUD	1 – 4	Chess	DS	1 – 4	Sewing & Quilting Group	MP	3:45 – 4:45	† Chair Yoga (6/1)	DS	1 – 4	Scrabble	ART-S
	3 – 4:15	† Gentle Yoga	DS	1 – 4	Writing Our Lives	ART-S	1 – 1:30	Hawaiian Dance – Beginner Basics	DS						
							1:30 – 2:45	Hawaiian Dance – Beginner	DS						
							3 – 4:30	Hawaiian Dance – Beg./Int	DS						
										9 – 11:30	† Intermediate Watercolor	ART-S	9:30 – 11:30	† Intro to Mosaic Art	ART S
										1:30 – 3:30	Monthly Dance: The Pier Group	AUD			2
	9 – 10:30	Primordial Sound Meditation (Intro 9 - 9:30)	ACT	5	10 – 1	* Elder Law Legal Assistance	119	6	9:45 – 11:30	Carlsbad Newcomers – Guest Speaker: Carol Benton speaks on Bhutan	ACT	8	10:30 – 12	Stamp Collectors Meet	ART-S
									11 – 1	* One-on-One Technology Help	RR				9
									1:30 – 3:30	Seaside Singers Practice	AUD				
	9:30 – 11:30	** Body Conditioning for Seniors	AUD	12	1 – 3	* Armchair Theater: Running Wild	LG	13	9:30 – 11:30	** Body Conditioning for Seniors	AUD	14	9:30 – 11:30	† Intro to Mosaic Art	ART S
	1 – 2:30	Book Club: A Man Called Ove by Fredrik Backman	MP						9:30 – 11:30	* Diet & Nutrition Counseling	120		10 – 1	** Body Conditioning for Seniors	AUD
	1:30 – 3	Morningstar Investment Education Lecture: Morningstar's "One-page-wonder"	ACT						1:30 – 3:30	Seaside Singers Practice	AUD		12:30 – 4:30		
	9:30 – 11:30	** Body Conditioning for Seniors	AUD	19	9 – 2	* Ask the Attorney	119	20	9:30 – 11:30	** Body Conditioning for Seniors	AUD	21	9 – 11:30	† Intro to Mosaic Art	ART S
	1:30 – 3	Morningstar Investment Education Lecture: What do investments and a bar of soap have in common?	ACT		1 – 3	* Armchair Theater: Love at First Glance	LG		10 – 11:15	Backup Strategies	ACT		10 – 11:30	† Intro to Mosaic Art	ART S
									1 – 2:15	Cloud Storage	ACT		9:30 – 11:30	** Body Conditioning for Seniors	AUD
									1:30 – 3:30	Seaside Singers Practice	AUD				
	9:30 – 11:30	** Body Conditioning for Seniors	AUD	26	9:30 – 10:30	* Successful Aging in Place: Legal estate planning for long term care	MP	27	9:30 – 11:30	** Body Conditioning for Seniors	AUD	28	9 – 11:30	† Intermediate Watercolor	ART-S
	1:30 – 3	Morningstar Investment Education Lecture: Is investment humor an oxymoron?	ACT		10 – 3	* Low-Vision Consultations	119		10 – 11:15	Picasa Lives On! NEW	ACT		10 – 11:30	Seminar: HICAP – Help with Your Medicare	ACT
					1 – 3	* Armchair Theater: Hello, My Name is Doris	LG		10 – 12	* Ask the Orthopedic Surgeon	119		9:30 – 12:30	* Hearing Screening & Hearing Aid Adjustments Screening	119
									1 – 2:15	Twitter	ACT				



TRANSPORTATION SERVICES

- Daily lunch program at the Carlsbad Senior Center
- Medical appointments, excluding ongoing therapy
- Requested donation is \$2 each way
- Registration and transportation reservations are required.
- Shopping Wednesdays after lunch.
- Call 760-602-4650 for reservations and schedule information.



* Pre-registration required
** Pre-register with MiraCosta (760-795-8710)
† Fee-based activity

SATURDAY CLASSES AND ACTIVITIES

Ping Pong	June 10 (NO Ping Pong 6/3)	9 – 12:30	ACT
† Yoga – Intermediate	June 3, 10, 17 & 24	9:15 – 10:30	DS
Fitness Room	June 3, 10, 17 & 24	9 – 1	ACT